



PROJECT NUMBER: 2024-1-LT01-KA220-SCH-000247500

November 2025

Newsletter

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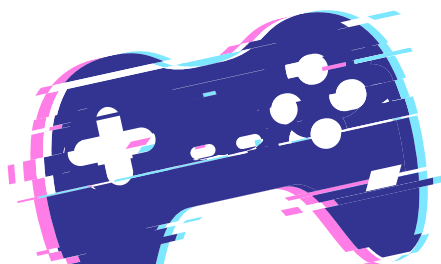
Taking the Next Step

in Digital Wellbeing

The GameOver project continues its journey to help students, teachers, and families recognise the risks of **Problematic Online Gaming (POG)** and build healthier digital habits.

From classroom insights to tool development, and from international meetings to awareness campaigns, the second semester of the project brought ideas to life — and partners even closer together.

Let's take a look at what's been happening and what's coming next!



Switch Off Addiction
POWER UP LIFE!

GameOver Partners Meet in Sofia

This October, GameOver partners met in **Sofia, Bulgaria** for the project's 2nd transnational meeting — and the energy was high.

Hosted by the 149th School "Ivan Hadjiiski", the two-day gathering brought together teams from Lithuania, Greece, Spain, and Bulgaria. The agenda focused on three key components of the project:

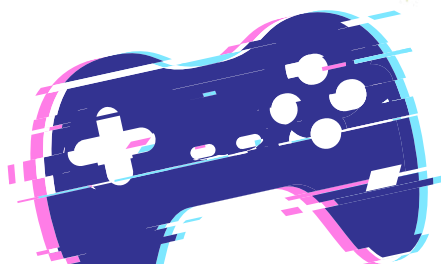
The **Early Detection Instrument (EDI)**, designed to help teachers identify signs of problematic gaming early on

The first outlines of the **Toolkits**, which will offer practical guidance to students, educators, and parents

The launch of a new **Online Training Programme** for professionals working in prevention and early intervention

Between working sessions, partners explored the host school, exchanged ideas from their national contexts, and found fresh motivation for the next steps.

The meeting wrapped up with a clear plan ahead — and a shared sense of purpose to bring the project's results into real classrooms, where they're most needed.



Switch Off Addiction **POWER UP LIFE!**

Our First Promo Video Is Here!

We're proud to share the **GameOver promotional video**, a short but powerful introduction to the project's mission and goals.

In just 2.5 minutes, it explains how the project addresses online gaming challenges in schools and introduces the tools that will support teachers and families across Europe.

You can watch the video here: <https://gameover-project.eu/materials/>

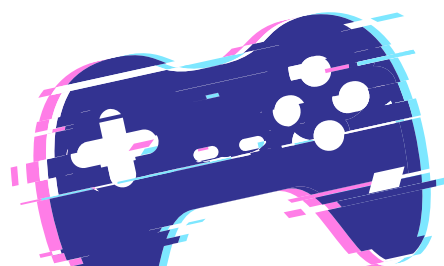


Highlights So Far

In just one year, the GameOver project has already made strong progress. Some of our key milestones:



And we're just getting started!



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What's Next?

Here's a look at what's coming over the next few months:

- ✱ **Testing and validating** the Early Detection Instrument (EDI)
- ✱ Finalising the content and activities for the **Toolkits**
- ✱ Structuring the **Online Training Programme** for school professionals
- ✱ Rolling out new **awareness** actions and mini campaigns



Stay tuned — and let's keep promoting digital wellbeing together!

DID YOU KNOW?

The **World Health Organization (WHO)** recognised gaming disorder as a mental health condition in 2019.

Early support from teachers and families can **make a big difference** in preventing problematic gaming behaviours in teens.



STAY CONNECTED!

For regular updates, resources, and news from the GameOver team, follow us online

TOGETHER, WE'RE HELPING YOUNG PEOPLE GROW — ONLINE AND OFFLINE



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